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A6  
maca, optionally from about 50 to about 2,000 gm maca, and instructing consumers to ingest at least 2 grams of maca per day.

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A7  
6 (amended). A bulk package of dried dispensable, pourable maca powder, or maca powder mixture, the package containing at least 10 gm maca, optionally from about 50 to about 2,000 gm maca and including instructions to consumers to ingest at least 2 grams of maca per day.

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Please **ADD** new claims 9-26, as follows:

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A8  
9 (new). A method of marketing a nutritional supplement as claimed in Claim 3 wherein consumers are instructed to consume preferably 5 grams of maca per day.

10 (new). A method of marketing a nutritional supplement as claimed in Claim 3 wherein consumers are instructed to consume preferably 20 grams of maca per day.

11 (new). A shaped solid food product incorporating an effective amount of maca as claimed in Claim 1 wherein said solid food product is in the form of a snack bar or meal replacement bar.

12 (new). A shaped solid food product incorporating an effective amount of maca as claimed in Claim 1 wherein said food product is intended for consumption by animals or fish.

13 (new). A shaped solid food product incorporating an effective amount of maca as claimed in Claim 1 wherein said food product is intended for use in pisciculture.

14 (new). A shaped solid food product incorporating an effective amount of maca as claimed in Claim 1 wherein said food product is intended for consumption by animals preparing to be bred.

15 (new). A food product as claimed in Claim 1 wherein said food product is a pasta.

16 (new). A food product as claimed in Claim 1 wherein said food product contains at least 3 percent maca by weight, preferably 5 - 20 percent maca by weight.

17 (new). A food product as claimed in Claim 1 wherein said food product is a flour commonly used in baking, maca comprising 10 - 70 percent by weight of the

food product.

18 (new). A food product as claimed in Claim 2 wherein said food product is a frozen food item.

19 (new). A food product as claimed in Claim 18 wherein said food product is a frozen meal comprising multiple food products containing maca.

20 (new). A food product as claimed in Claim 2 wherein said food product is a canned food item.

21 (new). A food product as claimed in Claim 2 wherein said food product is a baked item such as breads, cookies, muffins, cakes or pastries.

22 (new). A method of marketing a nutritional supplement as claimed in Claim 6 wherein consumers are instructed to consume preferably 5 grams of maca per day.

23 (new). A method of marketing a nutritional supplement as claimed in Claim 6 wherein consumers are instructed to consume preferably 20 grams of maca per day.

24 (new). A shaped solid food product comprising an effective proportion of maca, water and egg white.

25 (new). A shaped solid food product as claimed in Claim 24 wherein said food product is packaged and commercially distributed for cooking at an end user site.

26 (new). A shaped solid food product as claimed in Claim 24 wherein said food product is packaged and commercially distributed after being cooked.

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